



INTEGRATIVE HEALTH CENTER



University of Arizona Integrative Health Center

A comprehensive primary care center in central Phoenix designed by the world's leading integrative medicine institution in affiliation with District Medical Group



ARIZONA CENTER FOR
Integrative Medicine



DMG
District Medical Group

The University of Arizona Integrative Health Center will treat you to a level of customer service unparalleled in the industry.

You will receive a full spectrum of primary care services, where your physician will take interest in you as a whole person (taking into account any existing health conditions, lifestyle, diet and exercise) and provide you with a broad range of conventional and complementary health services to best suit your needs. A team of practitioners will work together to guide you in finding your own path to health and wellness.

Clinicians on-staff will include:

- two integrative physicians (MDs)
- an integrative Nurse Practitioner or integrative Physician Assistant
- Traditional Chinese Medicine practitioners
- an integrative chiropractor
- a mind-body practitioner
- integrative nutritionists
- integrative health coaches

Our primary care providers are all graduates of the University of Arizona Center for Integrative Medicine (AzCIM) Fellowship in Integrative Medicine – the top program in integrative medical education worldwide.

The Integrative Health Center is a joint venture affiliation between AzCIM, District Medical Group and the University of Arizona College of Medicine – Phoenix.

Integrative Medicine Consults

For those seeking integrative consultation but not ongoing primary care, consults will be available. The consultations provided at the Center will include 1-2 visits with the integrative physician, a visit with the nutritionist, and a visit with one of the other complementary practitioners. More details regarding coverage can be provided upon request for those not desiring membership at the Center.

Integrative medicine

Integrative medicine (IM) is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically. Instead, practitioners are taught that good medicine is based on good science; it is inquiry-driven and open to new modalities of healing. Effective interventions that are natural, less invasive, and more cost-effective should be used whenever possible. Alongside the concepts of treatment, the broader concepts of health promotion and the prevention of illness are paramount.



Benefits of membership

The Integrative Health Center offers a wide range of benefits unmatched in regular primary care environments.

All members are promised:

- longer office visits
- shorter wait times for appointments
- same day appointments when clinically warranted
- increased access to practitioners via telephone and email
- a personal health coach
- a personal nutritionist



The Center's physicians will be in-network providers for members on the Open Access Plus and Choice Fund Medical Plans through Cigna, the County's Plan Administrator. Cigna will be billed for the primary care services provided, and co-pays or deductibles will be collected according to each patient's benefit plan.

However, the Center functions as a membership model. To become a member and receive comprehensive integrative care, you must choose a membership package and pay a Health Partnership fee monthly or annually. This fee covers a set number of visits with the Center's complementary care providers and health coaches, as well as access to group activities and educational classes. You may choose between two bundles of typically non-covered services based on how many services you anticipate using.†

Maricopa County Employee and Covered Dependent Yearly Integrative Health Center membership packages

	*Employee Cost	** Complementary practitioners visits/yr	Health Coach Sessions/yr	Groups or Classes/yr
Core Bundle	\$550	10	4	4
Expanded Bundle	\$800	20	8	8

* Employee Cost can be paid annually or in monthly payments. See fee schedule on County's Intranet for information on breakdown of fees relative to FSA/HSA eligibility for reimbursement.

** Complementary practitioners at the Center include Traditional Chinese Medicine practitioners, integrative chiropractors, mind-body professionals and nutritionists.

No co-pay will be required for the visits with the complementary care providers, health coaches, groups or classes. In some cases the Center's fees may be paid using your employer-based Health Savings Accounts (HSA) or Flexible Spending Accounts (FSA). Refer to the list of eligible and ineligible expenses on the ADP FSA website to determine reimbursement.

† Once enrolled, you may change your bundle selection at any point during the year. If you wish to exceed the number of visits covered in your bundle, you can purchase individual complementary visits at a discounted rate.

About the Arizona Center for Integrative Medicine

The Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. The Arizona Center for Integrative Medicine was founded in 1994 at the University of Arizona by Andrew Weil, MD. Since then, the Center has grown from a visionary concept to the recognized world leader in integrative medicine with focused efforts in three areas: education, clinical care and research. To learn more about the AzCIM, please visit www.azcim.org



About District Medical Group

District Medical Group (DMG) is a nonprofit faculty practice plan owned and operated by physicians consisting of more than 350 providers who represent all the major medical and surgical specialties and subspecialties. DMG is the academic faculty practice plan for University of Arizona College of Medicine-Phoenix. Professional clinical services encompass all physician and mid-level clinicians, staffing a 333 bed acute care hospital, a 190 bed psychiatric hospital, 11 regional Federally Qualified Health Centers-LA and other specialty services. District Medical Group's mission is to improve the health and well-being of individuals in Arizona based on a balanced program of patient care, education, research, and community service. For more information about District Medical Group, please visit www.dmgaz.org.

For more information about the Integrative Health Center...

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